

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

June Program Highlights

The Inside Scoop: Cybersecurity

Learn how best to protect yourself and your loved ones while online. This program provides prevention and intervention strategies and internet safety resources. “Anytime you use a free online service - think shopping sites or social media - you are the commodity being bought and sold.” Vince DeVivo, Community Outreach Specialist, The United States Attorney’s Office, District of Maryland, will be the presenter.

Adults of all ages are welcome to attend.

Date: Tuesday, June 20

Time: 6:30 p.m. Talk/Discussion

5:30 p.m. Fried Chicken Dinner

Sign-up for dinner by Monday, June 19

Cost: \$5.00 for the meal

AARP Driving Class

The AARP Smart Driver course is a refresher course specifically designed for drivers age 50 and older. Learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

Date: Monday, June 26

Sign-up by Friday, June 16

Time: 10:00 a.m.-2:30 p.m.

Cost: \$15 for AARP members

\$20 for non-members

Payment due on the morning of the class

Checks only, payable to AARP

BINGO & Lunch

Join us for lunch and an afternoon of BINGO sponsored by Country Meadows.

Date: Wednesday, June 28

Sign-up by Thursday, June 22

Time: Noon **Cost:** Free

Artful Creations: Henna Party

Learn about henna designs and when and why they are used. Henna is a natural reddish brown plant dye that is used to create beautiful, temporary body art. Marcela Faruqui, a henna artist, will be here to give a demonstration and create art on willing participants’ hands. Come watch and learn about this ancient practice.

Date: Wednesday, June 7

Time: 1:00 p.m. **Cost:** Free

MAP: Why Laughing Matters

Do you laugh often enough? Find out why laughing matters for your health.

Maryland Access Point (MAP) provides information and assistance to area residents.

Date: Wednesday, June 14

Time: 11:30 a.m. **Cost:** Free

Meet Monica

Meet Dr. Monica Grant, Director of the Citizens Services Division. She will be here to learn more about the senior center and its impact on you!

Date: Tuesday, June 6

Time: 10:30 a.m.-12:30 p.m.

Summer Tech Help

Do you have tech questions? Drop in to learn some technology literacy skills. Topics covered include computers, tablets, smart phones, and laptops. Bring your device for one-on-one instruction.

Date: Tuesday, June 12 & June 26

Time: 11:30 a.m.

Date: Thursday, June 15 & June 29

Time: 11:00 a.m. **Cost:** Free

Tuesday, June 13 – first day of trip registration

(see other side for calendar of activities)